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**THE FRONTLINE****SPORTS & RECREATION**

NOVEMBER 19, 2009

New Marne Lanes open for business

Bob Mathews

FMWR Marketing Special

The temperature outside was in the chilly mid-50s and, for a few minutes, a fine but noticeable mist fell on participants and spectators at the Grand Opening of the Stewart Lanes Bowling

Center, Nov. 12.

The rain that some were certain would fall held off, and the ribbon-cutting ceremony formally marking completion of an 11-month, \$1.5 million renovation project went on as scheduled.

Installation Chaplain (Col.) Gary

Moore smiled, looked heavenward and said, "Thanks, Lord" before he offered the invocation to begin the ceremony.

Garrison Commander Colonel Kevin W. Milton saluted the weather conditions as well.

"I'm going to keep this brief so we can get out of this freezing weather in Georgia," he said.

Colonel Milton said it was a "great pleasure" to re-open the facility, adding that its modernization was in keeping with the Army Family Covenant provision promising to improve and expand recreation programs and services for Soldiers and their Families.

Stewart Lanes, originally built in 1962, was the first bowling center and snack bar constructed on Fort Stewart. It has a new exterior façade and entrance, an expanded, modernized kitchen with a walk-up service window, additional party room space and 12 bowling lanes with a "Cosmic Glo-Bowling" theme. The interior has a retro look, with color scheme and theme representing the 50s, 60s and 70s.

Food was free for guests at the grand opening of the

Family and Morale, Welfare and Recreation Facility, and slices of homemade, freshly-cooked pizza, cookies and fries were gratefully and quickly accepted.

Among those on hand for the opening ceremony were Sgt. Nofotolu Saoifanua, his wife, Marilyn, and children Leilani, 7, and Nofotolu Jr., 5. Saoifanua likes the bigger party rooms, the improved food and said that the bumper rails work much better now. His wife said Stewart Lanes is more user-friendly now.

"It's more exciting to come here," Marilyn said. She pointed out that Sunday is the couple's Family day, and they enjoy bowling on Sundays. "I love it here."

It was a special day for four members of the Fisher Family – Christina and children Jesse, 4, and Maddie Jo, 3, and their grandmother, Cathy Maggio.

Christina, Jesse and Maddie Jo were invited to join in cutting the ribbon. They did so with Col. Milton, Christi Milton, Garrison Command Sgt. Major James E. Ervin, FMWR Director Linda Heifferon and Roni Stevens, Corkan Family Recreation Area manager.

"It was a great feeling," Christina said. "The kids were very excited. This was a great honor."

She and her Family are devoted customers of Corkan Family Recreation Area.



Bob Mathews

Garrison Commander Colonel Kevin Milton addresses the crowd gathered for a ribbon-cutting ceremony marking completion of an 11-month, \$1.5 million renovation of Stewart Lanes Bowling Center, Nov. 12.

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Randy Murray

Stan Kane, a retired Fort Stewart Soldier, takes aim at the target during Fort Stewart's Turkey Shoot competition, Nov. 12. Kane took his entire Family to the event, which will be repeated this afternoon at 4 p.m.

Turkey shoot brings out novice, seasoned shooters

Randy Murray

Fort Stewart Public Affairs

Soldiers, retirees, Family Members and their guests gathered in a cool, misty rain at Fort Stewart's Skeet Range for a traditional turkey shoot, starting at 4 p.m., Nov. 12. The competition also included a trap shoot and a paintball competition.

Marne Club members, Bill and Brenda Julian, got the afternoon's shooting underway with a round of skeet. While they walked the half-moon circuit, firing at each of the eight stations, turkey shoot enthusiasts began to gather. Despite the foul weather, seasoned and novice shooters waited their turn to stand on the firing line and try their luck at hitting the bulls-eye on a paper plate target 35 meters downrange. Stan Kane, a retired Fort Stewart Soldier, brought his entire Family, including his daughter and deer hunting partner, Sabrina, 17; his son, Mark, 12; and his wife, Heidrun. Although Sabrina has been an avid deer hunter for years, Mark and Heidrun had never even fired a shotgun until Thursday evening.

Another novice shooter competing and firing a shotgun for the

first time was Nicole Sanders. She said her boyfriend, Justin May, urged her to try it. She missed the entire target on her first shot, but May won the first round, having put more bird shot pellets in and around the center of the bulls-eye than the other five shooters. Sanders tried again on the third round. This time, her target was the one with the most shot in and around the bulls-eye.

Following the third round of traditional turkey shoot competition, the misting rain had stopped, so shooters paused for hamburgers and hotdogs provided by the Directorate of Family and Morale, Welfare and Recreation. With darkness setting on the skeet range, everyone then went into the next competition – paintball.

According to Daniel Thompson, recreation assistant with FMWR's Pass & Permit office, his office will hold another Turkey Shoot from 4-8 p.m. every Thursday (except Thanksgiving Day) until Dec. 17. Hunter held its own Turkey Shoot from noon to 3 p.m., Nov. 14, and will hold another one this Saturday, same hours. Cost for the Turkey Shoot is \$3 per round. For more information, call 767-2515 at Stewart and 315-9205 at Hunter.

**Jump in,
get fit!****Free Aquatic
Fitness Classes
Newman Fitness Center****Shallow Water**

Mondays: 6-7 p.m.

Thursdays: 6-7 p.m.

Deep Water *

Tuesdays: 9-10 a.m.

Thursday: 9-10 a.m.

* Flotation belts are worn for safety.

Tennis courts open

Newly renovated tennis courts at Fort Stewart, adjacent to Newman Fitness Center, building 439, are open for play on a first come, first served basis.

Tennis rackets and balls are available for sign-out at Newman Fitness Center. During Corkan Plaza construction, please park and enter from the Newman Fitness side. For more information, call 767-3031.



Jake's Body Shop When your routine becomes routine

Jake Battle

DMWR Fitness Director

Keeping exercise fun and interesting can be tough. When your enthusiasm starts to dwindle, you need encouragement. Here's how to deal with the exercise blues.

Problem: Exercise is boring.

Suggestions: If you are in the first nine weeks of exercise, try giving your new routine a little time. As you become stronger, you may find that exercise in general and the specific exercise that you are doing will become more fun and less boring with time.

You may be pushing yourself harder than you need to. Always trying to go faster and further can make exercise painful and unpleasant. This can cause you to rapidly use up your motivation.

Be sure to do your warm-up and cool-down. It is normal for your body to be a little uncomfortable and sore when you start a new exercise program. Warming up before and cooling down after exercise can help keep the discomfort down and the moti-



vation up.

If you have been exercising for 10 or more weeks, be sure that your choice of exercise, and the time to do your exercise, makes your routine easier for you. Nothing will sap your energy like trying to do an exercise you do not like or exercising at the wrong

time.

Be careful not to push yourself too hard. As you get stronger, you may be tempted to push yourself to go further and faster than needed. This

only depletes your motivation and discipline. Progress is natural – enjoy it. Do not force it.

Also try the following:

- Setting personal goals
- Keeping a record of your exercise
- Tracking your progress
- Rewarding yourself for reaching goals or making progress
- Reminding yourself of your commitment to exercise
- Taking charge of your excuses
- Seeking help from friends and Family

Stewart-Hunter, Hinesville youth kick off fall with Taekwondo

Philip Konz

Child, Youth, and School Services

As many children around the nation gather to celebrate fall festivals, Families in the Fort Stewart-Hunter Army Airfield and Hinesville community began their fall celebrations by reveling in the outstanding performances of their children. The Families, who are involved in the Child and Youth School Services SKIESUnlimited program Taekwondo Class, gathered at the School Age Services building to honor fellow students for their tremendous accomplishments, Oct. 29.

October certainly proved to be a very busy month for the class with report cards, promotion testing, and the largest number of students participating in a martial arts tournament.

Here are the results of the ceremony:

Promotions

Yellow Stripe Belt – William

Gulley (6)

Yellow Belt – Annemarie Gulley (10) and Crissy Wright (8)

Purple Belt – Lauren Cardinal (15)

Student of the Month: Lauren Cardinal (15)

Outstanding Student Awards: Matthew Letterle (6), Makayla Christie (8), Charlie Conger (9) and Helen Wheeler (16)

Best Poomsea (Forms) Award: Victoria Wheeler (17)

Best Kicker Award: William Wheeler (14)

Certificates of Achievements: Emerald Eberenz (10), Terri Brown (10), Josh Bones (9), Annemarie Gulley and Jacob Warren (9)

Academic Achievement Award: Brea Guidry (11) and Dean Harrison (7)

Tournament Participation Awards: Josh Bones (9), Terri Brown (10), Lauren Cardinal (15), Makayla Christie (8), Emerald Eberenz (10), Javier Gonzalez-Rodriguez (10), Brea Guidry (11), Trent Guidry (10), Dean Harrison (7), Jared Hazel (11), Hannah Payne (8), Lucas

Skinner (9), Crissy Wright (8)

Celebrating Birthdays: Annemarie Gulley (10), Jared Hazel (11) and Lucas Skinner (9)

As the ceremony's results indicate, there are many children doing great things and achieving success.

Their success can be directly contributed to their Family's involvement in the many Fort Stewart-Hunter Army Airfield Child and Youth School Services SKIESUnlimited programs.

These programs provide a special opportunity to further the creativity, imagination, social skills, and character of Families through participation.

SKIESUnlimited program continues to expand by adding more and more activities, and it continues to offer high quality activities at very reasonable prices.

Contact CYSS today to get your Family involved and see the level of success your Family can achieve.



Philip Konz

Idris Harris, 14, of the CYSS Taekwondo program, jumps over three students to break three boards.

TIME OUT! Athletes are role models, like it or not

Sports Commentary by Jennifer Hartwig
Fort Stewart Public Affairs

Athletes are role models, whether they like it or not.

The problem is, the sports headlines each day are always of the troubled athlete, the cheaters or the losers, not the athletes we want our children to look up to.

Mike Tyson was recently arrested, again; this time for allegedly punching a photographer at the airport.

In September, LeGarrette Blount was suspended for the entire season by the University of Oregon for punching an opposing player in the Ducks season-opening loss to Boise State. (The suspension was recently lifted, with Blount having sat out eight games.)

Super Bowl-winning wide receiver Plaxico Burress recently reported to prison to begin a two-year sentence for carrying an unregistered handgun.

I know many athletes don't ask to be role models, but they need to know and remember that it comes with the territory. When you are paid millions of dollars to play a sport, and you do it in front of a television audience of millions, it doesn't matter what you asked for — you become a role model.

Of course I'm focusing on the bad examples. There are plenty of good stories out there; the problem is that we don't hear about them.

On Saturday, boxer Manny Pacquiao won his the championship belt in his unprecedented 7th weight

class. But Pacquiao is not only a boxer, he is also a humanitarian, and on Nov. 24, he will be honored for his humanitarianism in his home country of the Phillippeans, when he will be named a 2009 Gusi Peace Prize laureate. The world champion boxer is the award's only athlete among the elite group of 19 honorees from 16 different nations. Pacquiao is also a political force in his country, where he is running for congress.

Pacquiao is being honored for, among other things, braving the tumultuous conditions created by typhoons in the Philippines, where he has broken training to help save lives by delivering food into devastated areas.

Curtis Granderson of the Cleveland Indians was recently named MLB's Man of the Year for his charitable work. Granderson established the "Grand Kids Foundation," a non-profit that focuses on improving opportunities for inner-city youth in the areas of education and youth baseball. He recently wrote a children's book entitled All You Can Be, which was illustrated by fourth-graders from across the state of Michigan that "encourages children to chase their dreams," and he is an active member of the Action Team national youth volunteer program, which is managed by the Major League Baseball Players Trust and Volunteers of America, and whose goal is to inspire and train the next generation of volunteers in more than 150 high schools across the U.S.

But these athletes don't get the headlines that Tyson, Blount or Burress do; we are left thinking that

boxers are thugs and that all football players are criminals.

What kind of example is this setting?

Yes, the athletes need to take responsibility and understand that they are role models, but the media must also understand this. Instead of focusing on Burress's stupid decisions, we should publicize the generosity of Pacquiao or Granderson.

Pacquiao and Granderson's stories are inspiring, and it is athletes like these who can make sports the great assembler that they can be. Sports can bring together people with little else in common, and athletes can encourage generosity in others.

On Monday, I read a story that began with me cringing, and ended with a satisfied smile, when the University of Tennessee turned an ugly situation into a good example for all student-athletes. Two of their star freshman football players were dismissed from the team after being charged in an attempted armed robbery (cringe). There is nothing the team could do about their crime, but instead of sitting on their hands and waiting for something to happen legally, Lane Kiffin — in a rare good move — dismissed them from the team, setting an example that all coaches should follow. It seems that the coaches at Tennessee understand that athletes are role models, and must behave as such.

Instead of focusing on athletes who make poor and sometimes criminal decisions, the media should focus on the positives of sports, those athletes and teams that rise above to succeed and inspire.

LANES

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"Maddie Jo does the bowling lessons every Wednesday at Cypress Sam's Treehouse and at Stewart Lanes. We're there 3-4 days a week, either at the bowling lanes or the tree house. Corkan is an outstanding establishment, and Roni and her staff do a wonderful job," Christina said.

Her husband, Staff Sgt. Barrett Fisher, is serving as a drill sergeant at Fort Leonard Wood, Mo., and has been in the Army for more than seven years. Both she, a former Soldier, and her husband have served tours in Iraq and

Afghanistan. Christina Fisher, now a security specialist with a private contractor, is expecting an assignment in Iraq at any time.

Christina's mother, Cathy Maggio, will care for the children while their mother and father are actively serving the nation.

Christina said the renovation work was money well spent.

"It's a lot more kid friendly, the food is much better, the bathrooms are more kid-friendly and really clean, she said. "Stewart Lanes is really Family oriented."

Bob Mathews

Christina Fisher and her children Jesse, 4, and Maddie Jo, 3, prepare to bowl at Stewart Lanes Bowling Center following its re-opening ceremony, Feb. 12.

